

# OPEN GR AZUR 2018

International  
Tournament

5th

june 30th  
july 1st

8



French Riviera

# FRANCE

Kseniya Moustafaeva is the godmother of the event.

Summer Camp  
july 2-6 & july 9-13



La Colle Sur Loup  
[www.spcoc-gr.com](http://www.spcoc-gr.com)  
[spcocgr.ti@gmail.com](mailto:spcocgr.ti@gmail.com)  
[www.facebook.com/SpcocGRTournoiInterational](http://www.facebook.com/SpcocGRTournoiInterational)



# OPEN RG AZUR June 30 and July 1st 2018

## Summer Camp July 2-6 & 9-13

### CONTACTS

#### Gymnase Emilie Fer

Boulevard Honoré Teisseire  
06480 La Colle-Sur-Loup,  
France



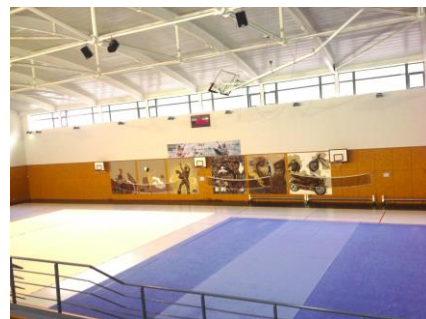
spcocgr.ti@gmail.com

[www.facebook.com/SpcocGrTournoiInternational](http://www.facebook.com/SpcocGrTournoiInternational)

Info : between 8:00 am and 19:00 pm

#### Administrative :

Catherine Garcia : + 33 6 14 64 15 55 (french)  
Frédéric Ferra : + 33 6 63 34 06 28 (french, english)  
Annaelle Ferra : + 33 6 63 99 77 96 (french, spanish)  
Whatsapp



#### Technic :

Clarisse Daudin: + 33 6 68 32 60 42 (french, english)  
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Reneta Nesheva: + 33 6 58 03 47 40 (bulgarian, russian)  
Whatsapp



## RULES (Code FIG 2017-2020)

INDIVIDUAL COMPETITION «A» Choice your apparatus / Age classification / depending on the number of entries		
S Min 1(2002et +) ,Min 2(others);R Min 1;AD Min 1(20021et +) no mini/maxi (others); DC:Min 3 Diff Code FIG junior ; Diff Code FIG senior		
Category	Apparatus	Without Apparatus (WA)
2002 and - (2 apparatus)	9 BD (Max) / 10 pts	
2004/2003 (2 apparatus)	7 BD (Max) / 8 pts	
2006/2005 (2 apparatus)	7 BD (Max) / 8 pts	
2008/2007 (1 apparatus + WA)	6 BD Max / 8 pts	6 BD Max / 8 pts
2009-2010-2011 and + (1 apparatus + WA)	5 BD Max / 4 pts	5 BD Max / 4 pts

INDIVIDUAL COMPETITION «B» choice your apparatus / Age classification / depending on the number of entries		
S Min 1(2002et +) ,Min 2(others);R Min 1;AD Min 1(2002 et +) no mini/maxi (others); DC:Min 3 ; Diff Code FIG junior ; Diff Code FIG senior		
Category	Apparatus	Without Apparatus (WA)
2002 et - (2 apparatus)	9 BD Max / 8 ts	
2004/2003 (2 apparatus)	7 BD Max / 6 pts	
2006/2005(2 apparatus)	7 BD Max / 5 pts	7 BD Max / 4.5 pts
2008/2007 (1 apparatus + WA)	7 BD Max / 4.5 pts	6 BD Max / 4 pts
2010/2009 (1 apparatus + WA)	6 BD Max / 4 pts	6 BD Max / 4 pts
2011 and + (WA)		5 BD Max / 3 pts

INDIVIDUAL COMPETITION «C» choice your apparatus / Age classification / depending on the number of entries		
S : Min 2 ; R : Min 1 ; AD :Min 1(2002 et +) ; BD : Min 3 ; Diff Value Max 0,2 pt		
Category	Apparatus	Without Apparatus (WA)
2002 et - (1 apparatus)	6 BD Max / 4.5 pts	
2004/2003 (1 apparatus)	5 BD Max / 4 pts	
2006/2005 (1 apparatus)	5 BD Max / 4 pts	
2008/2007 (1 apparatus)	4 BD Max / 3.5 pts	
2009-2010-2011 and + (WA)		4 BD Max / 2 pts



## PARTICIPATION FEES

- 30 € by gymnast
- The gymnasts must be up to date of their licenses
- Registration Form  
<https://goo.gl/forms/V2qrGEBwpcARq6t43>
- Dead line for participants registration is the 15th of may
- The club can provide a personal invitation for the visa application (for countries outside of Europe). <http://www.spcoc-gr.com/?p=6021>
- Rules  
<http://www.spcoc-gr.com/?p=6022>

## REGISTRATION and PAYMENT

- By Wire/Transfer Payment (again before May 15)

IBAN : **FR76 3000 3009 4300 0372 7110 991**

BIC : **SOGEFRPP**

**It is mandatory to send an associated email with the reference number of the wire transfer and Club Name to [spcocgr.ti@gmail.com](mailto:spcocgr.ti@gmail.com)**

## PUBLIC ENTRY FEE

- 1 day 6€
- Week-end 10€
- Free for entry for under 18 years old

## MUSICS

- Send your music's files MP3 only, to [spcocgr.ti@gmail.com](mailto:spcocgr.ti@gmail.com) before 15th of june, the files should be named: LastName\_FirstName\_Apparatus\_Category (use wetransfer.com to send your musics.mp3)

Your files sent will be private and **confidential**.

We recommend that you also come with a backup stored on a USB key

## JUDGES

- Each delegation must present at least 1 judge for 5 gymnasts. The fee for a lack of judge is 100€
- Lunch offered to the judges during the competition

## IMAGE RIGHT

- Form to print and fill:  
<http://www.spcoc-gr.com/?p=6054>





## EVENT PLANNING

- Friday, 29th of June
  - Gymnasts arrival and installation (from 12:00 am)
  - Judge's meeting at 6:00 pm / Deposit of the scorecards
  - details of the competition available on 15th of june
  - « Welcome drink » at 8:00 pm
- Saturday 30th of June
  - Beginning of the competition and exhibitions
  - Awards ceremony of the end of the competition
- Sunday 1st of July
  - 2nd day of the competition and exhibitions
  - Awards ceremony of the end of the competition
  - Farewell

## MISS

- All participants in the tournament participate in the Miss

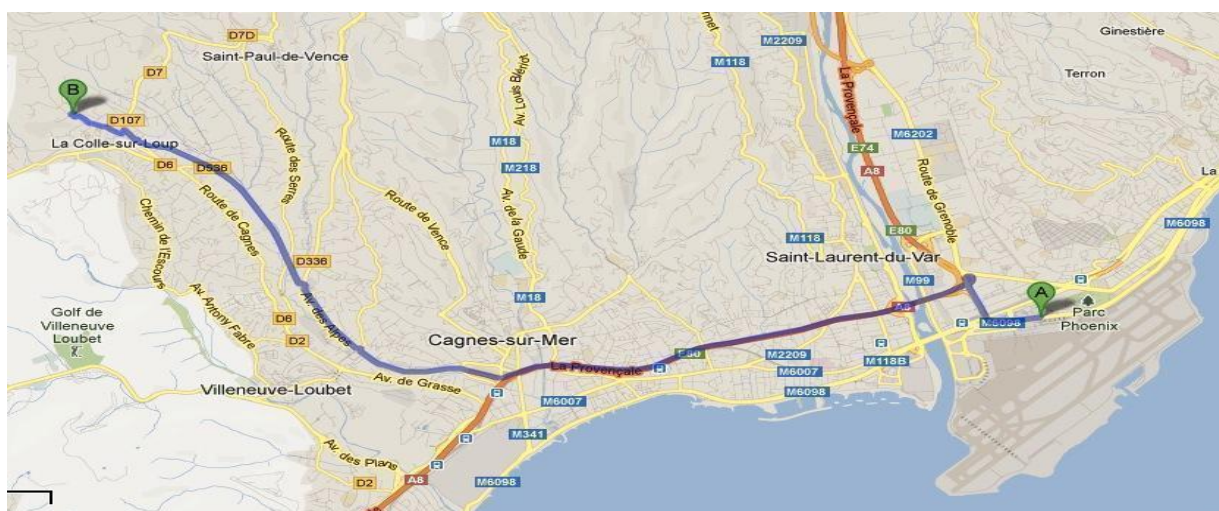
## RESTAURATION

- refreshments on site
- Snack on site

## ROAD TRANSPORTATION

- **Taxi Olivier.** Un accueil et aide à l'organisation de votre séjour dans notre région. Toutes distances, visite de la région, transfert aéroport, gare 7/7 et 24/24  
Tel : +33 6 11 53 50 89 [taxilacolle@gmail.com](mailto:taxilacolle@gmail.com) WhatsApp
- **Gilbert DA COSTA Tpmr Glc Prestige** Spécialiste du transport de personnes à mobilité réduite, notre société réalise tous vos trajets pour aéroports, gares ... toutes distances.  
Tel : +33 7 61 66 65 90 [gilberdacosta61@gmail.com](mailto:gilberdacosta61@gmail.com) WhatsApp

## SITUATION



15 minutes from the Nice Côte d'Azur Airport



## ACCOMODATION :



### **Belambra clubs de Saint-Paul-de-Vence "Les Oliviers"**

500m from the gym.

A comfortable club in a relaxing and green setting, in the heart of a 20-hectare pine forest, a few kilometers from the beach and less than 15 km from Nice airport.

Apartments for 2 to 6 people for rent or ½ pension or full board.

[www.belambra.fr/club-la-colle-sur-loup-les-terrasses-de-saint-paul-de-vence/ete](http://www.belambra.fr/club-la-colle-sur-loup-les-terrasses-de-saint-paul-de-vence/ete)

Tél: +33 4 93 32 96 96 , Réservation : [seminaire.lesoliviers@belambra.fr](mailto:seminaire.lesoliviers@belambra.fr)



### **MARC HELLY , Hôtel \*\*\***

2 minutes by car

A Provencal style with a warm and family atmosphere, air-conditioned, modern and cozy, 15 minutes from the airport, the center of tourism, cultural and sports activities of the region.

Avery suitable place !

[www.hotel-marc-hely.com/fr/](http://www.hotel-marc-hely.com/fr/) Réservation: [contact@hotel-marc-hely.com](mailto:contact@hotel-marc-hely.com) Tél : +33 4 93 22 64 10



### **La Vague de Saint Paul, Hôtel \*\*\*\***

4km from the gym

4 stars hotel with contemporary design

La Vague de Saint Paul \*\*\*\* invites you to enjoy its bistro restaurant, its outdoor swimming pool, its petanque and tennis courts but also its Spa by staying in one of their 50 bright and modern rooms.

Tél +33 4 92 11 20 00 , Réservation : [sales@vaguesaintpaul.com](mailto:sales@vaguesaintpaul.com)



### **Le Mas De Pierre, Hôtel \*\*\*\*\***

5 minutes by car

The 'Mas de Pierre' offers the luxury and comfort of a 5 stars hotel. Seven bastides camped in a wonderful setting of a Relais & Châteaux fully in the scents of Provence. Free shuttle on request.

All the activities are proposed by our chief concierge who is at your disposal to advise you and organize your stay.

Free underground parking.

Résa [commercial@lemasdepierre.com](mailto:commercial@lemasdepierre.com) , [www.lemasdepierre.com/l-hotel](http://www.lemasdepierre.com/l-hotel) , Tél: +33 4 93 59 00 10





### **Hôtel Mercure \*\*\*\***

On the beach, 15 minutes from the gym.  
The Mercure Villeneuve Loubet Plage 4 stars hotel offers a unique location in the riviera.  
Located in the prestigious area of Marina Baie des Anges between Nice, Antibes and Cannes. Take height on its terrace, around the pool, to admire the panoramic sea view.  
Ideal location 15 minutes from Nice and the Côte d'Azur airport.  
The hotel was completely renovated in 2017.

email [Ha9a2@accor.com](mailto:Ha9a2@accor.com) tel +33 4 93 20 45 09

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### **Camping le Vallon Rouge \*\*\***

2 km to the gym, car

This campsite is an upscale resort offering rentals of mobile homes and cottages near a charming river (Le Loup), in which swimming and other activities are possible.  
Restaurant, grocery, swimming pool and animations are at your disposal.

[www.auvallonrouge.com](http://www.auvallonrouge.com) , Réservation : [info@auvallonrouge.com](mailto:info@auvallonrouge.com) , Tel : +33 4 93 32 86 12

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### **Camping les pinèdes \*\*\*\***

1 km to the gym, car

4 stars Campsite enjoys the bright sun and blue sky, the Mediterranean Sea and the mountains in the background, with a hinterland between the two villages with multiple villages perched on their green hills.

Its family atmosphere, its restaurant and sports and leisure facilities contribute to make this little "tip of Provence" a real paradise for "small" as for "big".

[www.lespinedes.com](http://www.lespinedes.com) , Réservation: [campinglepinedes@gmail.com](mailto:campinglepinedes@gmail.com) , Tél: 04 93 32 98 94

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# Summer training camps RG AZUR 2018



Location, gymnase Emilie Fer, at La Colle Sur Loup on July 11 to 16 and July 18 to 22.

**Training 1: from Monday 2 to Friday 6 (on the afternoons).**

**Training 2: from Monday 9 to Friday 13 .**

Gymnasts are required to:

- have their apparatus
- be up to date with their insurance.
- Belong to a RG federation

**FEE :**

- Training 125€ / week (25€ per day)

**Standard training :**

- Stretching and flexibility exercises;
- Common and special physical trainings;
- Working-out of elements (balance, turns, jumps);
- Directing a demonstrative performances at the end of training camp.

**CONTACT:**

Email: [spcocgr.ti@gmail.com](mailto:spcocgr.ti@gmail.com)

\*\* The club provides a personal invitation on demand for the visa application (for countries outside of Europe) <http://www.spcoc-gr.com/?p=6021>

**REGISTRATION and PAYMENT**

- By Wire/Transfer Payment (again before May 15)  
**IBAN : FR76 3000 3009 4300 0372 7110 991**  
**BIC : SOGEFRPP B2X2112C00894 EUR 181215 C 00943**

**It is mandatory to send an associated email with the reference number of the wire transfer and Club Name to [spcocgr.ti@gmail.com](mailto:spcocgr.ti@gmail.com)**

**RULES**

- <http://www.spcoc-gr.com/?p=6055>

**REGISTRATION FORM**

Training: <https://goo.gl/forms/zLH1wIoe2RhIHdTH2>

